

CULINARY SYSTEM

BY MRS. KINGSLEY.

ORDERING dinner is a trial and tribulation to many women while to others it means but a five minutes interview with the cook, who has already written down the proposed bill of fare for the day. But, to persons of moderate means who cannot afford to keep experienced cooks, and with whom the house bill bogey is ever present, ordering dinner is an important part of the day's work, for it depends upon the manner in which it is done if good, well served food and reasonable bills or waste and extravagance, often accompanied by bad food, are the result.

The mistress should first inspect the contents of the larder and take note whether it is clean and if the various provisions are properly disposed of. She should then see how far the stock of food in hand will go toward completing luncheon, dinner and the succeeding day's breakfast. This done, the new orders should be given, still with a view to what will be again left over for it in the making good use of the remains of dishes that the secret of economical catering lies.

If the mistress makes a practice of going to the kitchen at a stated time, arranging for the meals for that day, for the following day's breakfast, and in skeleton form for the next day's lunch and dinner, ordering supplies and looking up recipes if necessary, she should then be able to leave the cook to her own devices; but many housekeepers make themselves and their families uncomfortable because they give their orders in an erratic fashion at all hours of the day, so the servants never know what to be at.

They cannot realize the difficulties experienced by servants in ill-regulated households or they would not run their households in such a haphazard way. Stores should be given out at regular times and the menus thought out to some extent in advance, and each servant should be told what guests are expected, and if hours of meals, etc., are changed so that due preparation may be made.

THE RELIEF OF PAIN



Every Woman Should Have a Full-Length Raincoat

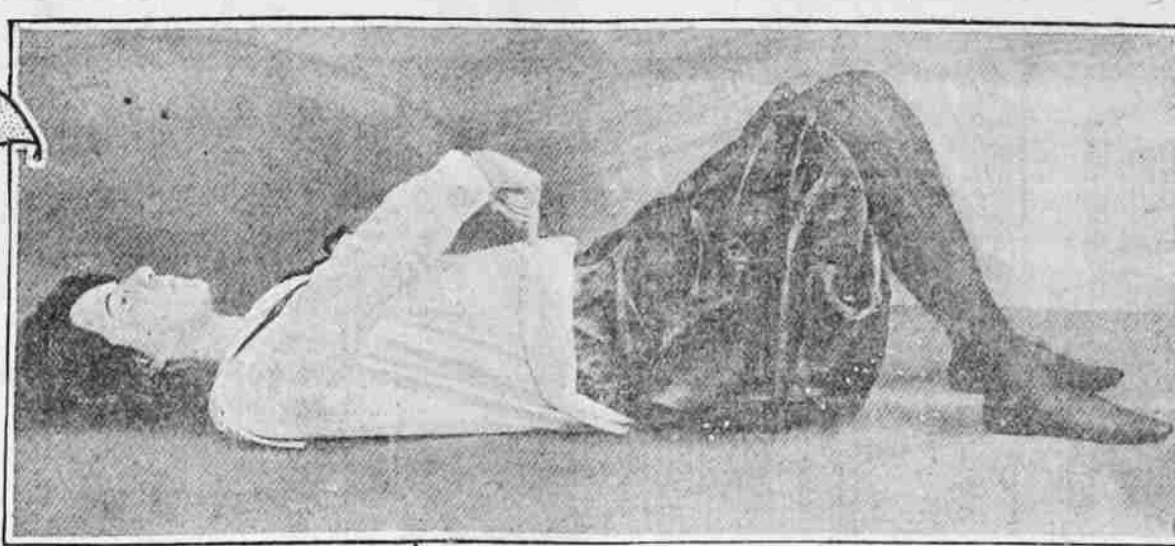


Fig. 1



Avoid Restrictions of Tight Clothing



Fig. 2

HEALTH AND HAPPINESS
The Absence of Pain Is the Greatest Aid of Efficiency for the Woman Worker.

BY EDNA EGAN.

THE efficiency of man, business women is interfered with by the fact that they are suffering from pain. They do not know the cause of the pain, and as it generally leaves them after a day or two as mysteriously as it came, they are resigned to it and suffer it as an inevitable discomfort without uttering a sound or complaint. However much such heroism may be admired, the business woman should remember that an employer pays salary for the efficient performance of duty and no woman can render efficient service when she is in pain. For the sake of her position, as well as for her own sake, every business woman should seek at all times to be free from pain.

To prevent the onset of this pain try to build up your general health. See to it that you get sufficient sleep and rest and do not overwork. See also that you digest your food properly and that you are not constipated. Make certain that you do not fill your body by sitting all day in shoes or skirts which have been wet by storm, or by wearing insufficient clothing at the neck or at the feet. You need not decrease or vary the amount of your physical activities to reduce or prevent the occurrence of this pain. Whatever you are accustomed to, you may continue to do, but any increase in your physical activities may be injurious. As dancing is in the case of most a comparatively infrequent indulgence it is considered injurious in this connection.

When you suffer pain you may obtain relief in one of three ways. A hot bath, or any hot drink may give relief by drawing the blood to the surface of the body. Half a teaspoonful of essence or syrup of ginger in a cup of hot water will also often be found beneficial. The best method of overcoming this pain, however, is by pelvic exercises, which strengthen the diaphragm and other abdominal muscles and improve the general circulation.

Relief from pain may also be gained by placing a heated platter, flannel or a hot-water bottle on the abdomen. Empty the bladder and loosen all tight clothing. Lie on your back on a couch or on a rug on the floor. Draw up your legs by bending your knees and sliding the soles of your feet along the floor. Rest your arms at your sides and relax completely. Rest the tip of your forehead lightly on your abdomen just below the umbilicus, without exerting the slightest pressure. See how far you can lift your hand in this position by lifting your abdomen, and then see how far you can lower your hand in this position by contracting your abdomen. The lowering of the hand should be more deliberately and more thoroughly done than the raising of the hand, because it is more beneficial in overcoming pain.

This exercise generally lessens the pain, and in very many cases the pain may be cured permanently by performing this exercise every morning for five minutes for a year. If a business woman is unable to cure herself of pain by means of this exercise, by careful attention to the bowels, by the practice of deep breathing and by attention to protection against chills, caused by improper or insufficient clothing of the feet or the throat, she should consult a competent physician.

However well you may believe your wall back of the buffet and gave a very good effect.

For the dining room floor this housewife bought a Colonial rag rug in gray with a decorated border in blue, and at the windows she hung the most adorable drapery, consisting of cheesecloth dyed to a soft shade of old blue. A few pieces of old blue and white china on the softly tinted bluish-gray walls added the last quaint touch to the room.

NEW STYLES
IN COIFFURE

BY LUCILLE DAUDET.

WHEN one has only a small amount of money to spend upon clothes, it is necessary to pay as much attention as possible to the arrangement of her hair, the clearness of her complexion and all the other minor details of good-dressing.

Making a smart appearance on a small income is generally only a matter of common sense plus a certain degree of wit, but women are often woefully ignorant, or careless, and the result of both conditions is a most unlovely appearance.

The question of hair-dressing is made important by the new hats which once more disclose the fact that one has hair. The greatest simplicity of coiffure prevails this season. Gone are the elaborate twistings and puffings and paddings of former days, but gone, too is the pronounced swathing of the head which failed of the simplicity it pretended merely because no hair endowed by nature could possibly be arranged in such a way.

The aims of the latest styles is to

present a completely "natural" appearance, to show the shape of the head and the growth of the hair, and to make no suggestion of much time and care having been bestowed upon the arrangement. Nor is this an illusion, for the coiffures which have the hall mark of good form upon them are really simple, arranged quite quickly and—once the knack is attained—quite easily.

Of course, their success depends on the condition of the hair, which is naturally brought into greater prominence by the simplicity of the coiffures. Smoothness and a silky gloss are required, together in the majority of cases with big undulations, which hardly come under the common designation of "wave." The first two conditions are purely the result of care, and in some cases of tricks of treatment.

Partings are seen in the great majority of the new dressings, varying in length from the merest break on the forehead at side or center to the well defined parting which is so becoming to many types. But the long parting usually means a low dressing, and this is giving way decidedly to greater height than we have seen for some time. The Parisienne rarely follows a low hair-dressing for more than a short period, and then only under protest, for the charms it possesses are not those which appeal to her. There is, too, on this side of the Atlantic a decided tendency to raise the coiffure, the clear line of growth at the back—which may be so pretty and, alas! Also the reverse.

MILADY'S BEAUTY

IF a professional masseuse is out of the question invest in one of the Japanese ball and cup arrangements and do your own massaging. To take off flesh use heavily; to put it on, lightly.

A BOX of fine oatmeal should be an institution of the toilet appointments. It will soften water for washing is better than most soaps for smoothing and whitening the skin and is excellent to dust dry on perspiring hands.

ONE remedy for thin eyelashes is said to be to wash them each night without drying in a concoction of water and walnut leaves. But two pinches of the latter should be used to a quart. In this, also, extreme care must be taken not to get it into the eyes.

STYES are occasioned by the irritation of the hair follicles out of which an eyelash springs. They should be opened as soon as the puss is formed, for they will not get well so long as the puss remains.

THIN arms should be washed twice a day with a 2ne lather of soap, rinsed well, dried thoroughly and then rubbed vigorously. This treatment will bring the pores into action and induce a healthy condition of the skin.

WARM milk is soothing to one's face after being out in the hot sun. The face is washed with the hands dipped into the milk, and the milk is patted dry on the face. The milk may be either sweet or sour, for why is as soothing to a sun-burned skin as fresh milk.

WITHOUT doubt the best time for taking physical exercise is in the morning before dressing. Another favorable time is just before retiring. At both hours the body must be entirely free from tight clothing or corsets. The girl who knows how to hold her head up, how to look straight at a person to whom she is speaking has mastered one of the secrets of attractiveness. Get into the habit of resting the back of the

neck against the collar, with the chin well up, and it will make for grace and better health at the same time. Unconsciously you will breathe better, more deeply. You will acquire a graceful deportment and escape the chest ailments so many girls contract by a bad habit of going through life with chin sunk on chest and shoulders drooping helplessly forward.

DRY rubbing the chest, back and sides of the body with a handful of mustard and flour (say about one part mustard to two of flour) is a good remedy for a cold on the chest. The mustard draws a little, but not nearly so much as a poultice, while it is a far more agreeable application.

A LOW neck to be artistic should look like a necessary part of the construction. Most evening gowns have the appearance of being made like any other dress and afterward cut out as low as the law will allow generally. The décolletage ought to be a necessary part of the design.

WHERE is nothing known to science that will remove enlarged pores unless the skin is kept scrupulously clean. A warm, soapy facial bath must be taken every night, the face then rinsed in several clear waters and a good skin food applied. A mere wiping of the face with a wet cloth is not washing it.

PHYSICIANS, surgeons and hospital attendants are never weary of experimenting on the treatment of burns, says a writer. They seem to believe that there can be no simple remedy for the results of accidents of this sort, and therefore there must be all sorts of chemicals and compounds and ado about burns. They do not appear to know or will not believe that a simple paste of fresh lard and wheat flour is the very best possible dressing for a burn, that it will in almost every case restore the burned portion to its natural condition and that in ninety-nine cases out of 100 there will be no scar. But it is "an old woman's remedy," and therefore neither scientific nor official.

The World Could Manage to Rub Along Without Us, But We Are Rather Glad That It Doesn't Have to.